

Sample Cold Breakfast Menus for CACFP Child Care Centers and Homes

This document provides guidance and sample breakfast menus for ages 3-5 in child care centers, emergency shelters, at-risk afterschool care centers, and family day care homes that participate in the U.S. Department of Agriculture's (USDA) CACFP. The specified servings meet or exceed the requirements of the [CACFP Meal Patterns for Children](#) and are indicated in parentheses after each menu item. Servings may be adjusted for other ages.

The CACFP breakfast meal pattern for ages 3-5 requires $\frac{3}{4}$ cup of unflavored low-fat (1%) or unflavored fat-free milk; $\frac{1}{2}$ cup of vegetables, fruits, or both; and $\frac{1}{2}$ ounce equivalent (oz eq) of grains. Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week.

Each component must provide at least the minimum serving in the CACFP meal patterns for children. Breakfast menus may include additional foods or larger servings beyond the minimum requirements. Serve nutrient-dense foods that are appropriate to the nutrition needs of each age group.



For detailed guidance on the CACFP meal patterns for children, refer to the Connecticut State Department of Education's (CSDE) guide, [Meal Pattern Requirements for CACFP Child Care Programs](#). For additional resources, refer to the CSDE's [Resources for the CACFP Meal Patterns](#) and visit the CSDE's [Meal Patterns for CACFP Child Care Programs](#) webpage.

Children younger than 4 are at the highest risk of choking. Consider children's age and developmental readiness when deciding what foods to offer in CACFP menus. Modify menus as appropriate and use preparation techniques to reduce the risk of choking. For additional guidance, visit the "[Choking Prevention](#)" section of the CSDE's [Food Safety for Child Nutrition Programs](#) webpage.

Menu Planning Considerations for Breakfast

Consider the meal pattern requirements and recommendations below when planning breakfast menus. For detailed guidance on crediting foods, refer to the CSDE's [Crediting Summary Charts for the CACFP Meal Patterns for Children](#) and visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) webpage.

- **Fruits and vegetables:** Before planning juice at breakfast, check that the other meals and snacks that same day do not include juice. Pasteurized full-strength juice (including fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice) credits as either the vegetables component or fruits component at only one meal or snack per day. For more

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information, refer to the CSDE's resources, [Crediting Juice in the CACFP](#) and [Crediting Smoothies in the CACFP](#). Dried fruits credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. Raw leafy greens such as lettuce or spinach credit as half the volume served, e.g., ½ cup of raw leafy greens credits as ¼ cup of the vegetables component. For more information on crediting fruits and vegetables, visit the “[Fruits Component](#)” section and the “[Vegetables Component](#)” section of the CSDE's [Crediting Foods in CACFP Child Care Programs](#) webpage.

- **Grains:** Grains must be whole grain, enriched, bran, or germ. At least one serving of grains per day must be whole-grain rich (WGR). The USDA's [CACFP Best Practices](#) recommends at least two servings of WGR grains per day. Cooked and ready-to-eat (RTE) breakfast cereals cannot exceed 6 grams of sugars per dry ounce. For more information, refer to the CSDE's resources, [How to Identify Creditable Grains in the CACFP](#), [Crediting Breakfast Cereals in the CACFP](#), [Crediting Whole Grains in the CACFP](#), [Crediting Enriched Grains in the CACFP](#) and [Meeting the Whole Grain-rich Requirement for the CACFP](#). Grains must meet the required weights (groups A-E) or volumes (groups H-I) in [Grain Ounce Equivalents for the CACFP](#) or provide the minimum creditable grains per serving. For more information, refer to the CSDE's resource, [Calculation Methods for Grain Ounce Equivalents in the CACFP](#). Grain-based desserts (such as cookies, doughnuts, cereal bars, granola bars, pastries, cake, and brownies) do not credit. The CSDE recommends limiting sweet crackers (graham crackers and animal crackers) to no more than twice per week between all meals and snacks. For more information, visit the USDA's webpage, [Grain-based Desserts in the CACFP](#). For more information on crediting grains, visit the “[Grains Component](#)” section of the CSDE's [Crediting Foods in CACFP Child Care Programs](#) webpage.
- **Meat/meat alternates substituted for grains:** Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week. A ½-ounce serving of meat/meat alternates (such as half of a large egg, 1 tablespoon of peanut butter, ¼ cup of yogurt, ½ ounce of cheese or ⅛ cup of cottage cheese) credits as ½ oz eq of the grains component. The serving refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. Nut and seed butters credit by volume (tablespoons) not weight. Yogurt cannot exceed 23 grams of total sugars per 6 ounces (3.83 grams per ounce). Commercial meat products with binders and extenders (such as deli meats, hot dogs, and sausage) and commercial combination foods (such as pizza and chicken nuggets) require a Child Nutrition (CN) label or product formulation statement (PFS) to determine crediting information. For more information on crediting, meat/meat alternates, refer to the CSDE's resources, [Crediting Deli Meats in the CACFP](#) and [Crediting Commercial Meat/Meat Alternate Products in the CACFP](#), and visit the “[Meat/Meat Alternates Component](#)” section of the CSDE's [Crediting Foods in CACFP Child Care Programs](#) webpage. The USDA's [CACFP Best Practices](#) recommends serving only lean meats, nuts, and legumes; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese.
- **Noncreditable foods:** Noncreditable foods cannot be served in place of the required components. Examples of noncreditable foods include potato chips, pudding, ice cream, gelatin, cream cheese, bacon, condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter), and water. For more information, refer to the CSDE's resource, [Noncreditable Foods in CACFP Child Care Programs](#).

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Crediting Documentation

CACFP facilities must be able to document that breakfast menus provide the required food components and quantities. Use the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) to determine the amount of purchased food that meets the required serving for each meal pattern component. Commercial processed foods not listed in the FBG require a CN label or PFS to document crediting information. For more information, refer to the CSDE's resources, *Using Child Nutrition (CN) Labels in the CACFP*, *Using Product Formulation Statements in the CACFP*, and *Accepting Processed Product Documentation in the CACFP*, and visit the "Crediting Commercial Processed Products" section of the CSDE's [Crediting Foods in CACFP Child Care Programs](#) webpage.

Foods made from scratch must have a recipe that documents the crediting information per serving. For more information, visit the "Crediting Foods Made from Scratch" section of the CSDE's [Crediting Foods in CACFP Child Care Programs](#) webpage.

Abbreviations for Sample Menus

M = Milk component

G = Grains component

VF = Fruits component

WGR = Whole grain-rich

MMA = Meat/meat alternate substituted for the grains component

Not credited

A = Additional creditable food (not full serving)

O = Other food (noncreditable)

c = cup

Tbsp = tablespoon

tsp = teaspoon

oz = ounce

oz eq = ounce equivalent

Note: The CSDE's sample menus are intended for informational purposes and do not guarantee compliance with the CACFP breakfast meal pattern. Crediting information for local menus will vary depending on the types of foods purchased by the CACFP facility, and the recipes and preparation techniques used. CACFP facilities are responsible for ensuring that their menus meet the CACFP meal patterns for children and maintaining appropriate crediting documentation on file (refer to "[Crediting Documentation](#)" above).

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	M ¾ cup	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)
	G ½ oz eq	Low-fat yogurt (¼ c) MMA	Cheese roll-up: Whole-wheat tortilla (½ oz) WGR	Whole-grain bagel (½ oz) WGR	Whole-grain puffed cereal (¾ c) WGR	Enriched blueberry muffin (1 oz)
	FV ½ cup	Mixed berries (½ c)	Pineapple chunks (½ c)	Sliced green grapes (½ c)	Banana slices (½ c)	Diced apricots (½ c) ⁵
	A		Low-fat cheese (¼ oz)	Peanut butter (½ Tbsp)		
	O			Jelly (1 tsp)		
Week 2	M ¾ cup	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)
	G ½ oz eq	Low-fat cottage cheese (⅛ c) MMA	Whole-grain cereal rounds (½ c) WGR	Yogurt-fruit parfait: Vanilla Greek yogurt (¼ c) MMA	Enriched banana bread (1 oz)	Whole-wheat roll (½ oz) WGR
	FV ½ cup	Pineapple tidbits in juice (½ c)	Blueberries (½ c)	Sliced strawberries (¼ c) and peaches (¼ c)	Applesauce (½ c)	Orange slices (½ c)
	A			Whole-grain granola (1 Tbsp)	Almond butter (½ Tbsp)	
	O					Margarine (1 tsp) or jelly (1 tsp)
Week 3	M ¾ cup	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)
	G ½ oz eq	Hard-boiled egg (½ large) MMA	Cold quinoa fruit salad: Cooked quinoa (¼ c) WGR	Whole-wheat roll (½ oz) WGR	Enriched buttermilk biscuit (½ oz)	Whole-grain granola cereal (⅛ c) WGR
	FV ½ cup	Cantaloupe cubes (½ c)	Sliced grapes, bananas, peaches, strawberries (½ c)	Diced fresh pears (½ c)	Clementine (½ c)	Sliced cherries (½ c)
	A			Low-fat cheese (¼ oz)	Sliced ham (¼ oz)	Low-fat yogurt (¼ c)
	O		Orange yogurt sauce (1 Tbsp)			

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	M ¾ cup	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)
	G ½ oz eq	Enriched corn muffin (1 oz) WGR	Cheddar cheese (½ oz) MMA	Cold pancake roll-up: Whole-grain pancake (1 oz) WGR	Whole-grain puffed cereal (¾ c) WGR	Whole-wheat English muffin (½ oz) WGR
	FV ½ cup	Banana slices (½ c)	Apple slices (½ c)	Diced strawberries (½ c)	Honeydew melon (½ c)	Sliced peaches (½ c)
	A					
	O			Syrup (1 tsp)		Sunflower butter (1 tsp)
Week 5	M ¾ cup	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)
	G ½ oz eq	Whole-grain flaked cereal (½ c) WGR	Cinnamon cottage cheese (⅛ c) MMA	Peach-mango smoothie: low-fat yogurt (¼ c) MMA	Apple roll-up: Whole-grain tortilla (½ oz) WGR	Enriched pumpkin-cranberry bread (1 oz)
	FV ½ cup	Orange slices (½ c)	Red grapes (½ c)	Pureed peaches (¼ c) and mangos (¼ c)	Diced apples (½ c)	Cantaloupe cubes (½ c)
	A				Peanut butter (½ Tbsp)	
	O					

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Resources

Bite Size: Meeting the CACFP Meal Patterns for Children (CSDE's training program for child care facilities):
<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

CACFP Meal Patterns for Children (CSDE):
<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/CACFPMealPattern.pdf>

Crediting Foods in CACFP Child Care Programs (CSDE webpage):
<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs>

Crediting Summary Charts for the CACFP Meal Patterns for Children (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_CACFP.pdf

Cycle Menus for Child Care: Preschoolers (Institute of Child Nutrition):
<https://theicn.org/resources/1575/cycle-menus-for-child-care-preschoolers/118740/cycle-menus-for-child-care-preschoolers.pdf>

Meal Pattern Requirements for CACFP Child Care Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Guide_CACFP_Meal_Patterns.pdf

Meal Patterns for CACFP Child Care Programs (CSDE webpage):
<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

Menu Planning Basics: A Guide for CACFP Operators in Child Care (Institute of Child Nutrition):
<https://theicn.org/icn-resources-a-z/menu-planning-basics-cacfp>

Menu Planning for CACFP Child Care Programs (CSDE webpage):
<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#MenuPlanning>

Recipes for Child Nutrition Programs (CSDE's Meal Patterns for CACFP Child Care Programs webpage):
<https://portal.ct.gov/SDE/Nutrition/Menu-Planning#Recipes>

Resource List for Menu Planning and Food Production for Child Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Menu_Planning.pdf

Resources for the CACFP Meal Patterns (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Resources_CACFP_Meal_Pattern.pdf

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For more information on the CACFP meal patterns, refer to the CSDE's guide, [Meal Pattern Requirements for CACFP Child Care Programs](#), and visit the CSDE's [Meal Patterns for CACFP Child Care Programs](#) and [Crediting Foods in CACFP Child Care Programs](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Menu_CACFP_Breakfast_Cold.pdf.

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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